

# IS SMOKING INJURIOUS ?

THE ARGUMENTS *PRO* AND *CON* RATIONALLY CONSIDERED :

BY

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“What a brotherhood ! There are but three animals that can abide tobacco—the African rock-goat ; the most loathsome animal on earth, the foul tobacco-worm ; and the rational creature MAN.”—*Dr. Caldwell.*

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“Nor is it left arbitrary, at the will and pleasure of every man, to do as he list, after the dictates of a depraved humour and extravagant fancy, to live at what rate he pleaseth ; but every one is bound to observe the injunctions and *law of nature*, upon the penalty of forfeiting their health, strength, and liberty, the true and long enjoyment of themselves.”—*Mainwayringe.*

“Of all the plants that Tellus’ bosom yields,  
In groves, glades, gardens, marshes, mountains, fields,  
None so pernicious to man’s life is known,  
As is *tobacco*, saving *hemp* alone.  
If there be any herb in any place  
Most opposite to God’s good herb of grace,  
’Tis doubtless this ; and this doth plainly prove it,  
That for the most part, graceless men do love it,  
Or rather doat most on this withered weed,  
Themselves as withered in all gracious deed.”—*Sylvester.*

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## INTRODUCTION.

If we believe the truism, that happiness cannot exist without health, then the summit of our desires should be to be healthy, inasmuch as without it there can be no lasting enjoyment of life ; any thing, therefore, that tends to influence our physical nature, whether for good or evil, becomes a consideration of *vital importance*. The two most important vital influences of men are, *imitation* and *habit* ; the one existing before the judgment is formed, as a consequence of external impressions, and the other overcoming the judgment, and reconciling to our natures practices repulsive and injurious, as pleasing or beneficial, or *vice versa*. We may see from these two operations the prime causes of the almost universal custom of using *Tobacco* ; and believing it pernicious, both physically and mentally, we shall proceed at once to give our reasons.



At the age of puberty the operation of *imitation* is at its *zenith*, and the actions of men are copied with a zest peculiar to boyhood, and generally continued, through ignorance of the laws of the animal economy. It might be presumed, if we knew not the force of pride, that the effects experienced from smoking the first *pipe* or *cigar*, would deter every boy from a second trial: but this comes to his aid; he does not like to be beaten; nor can he bear, that those who have conquered the nauseating feeling, should say, "He can't stand smoke," and so he perseveres, until habit reconciles his system to its effects. In a very clever little book called "The Memoirs of a Stomach, written by Himself," there occurs the following graphic description of the effects of the first cigar:—"I must be as concise as possible in describing my feelings at an event which created a revolution in my domestic economy, and very nearly as much affected my constitution as revolutions usually do. I was one day enjoying my *otium cum dignitate*, digesting quietly and comfortably, contented with myself, my dinner and all my kind, when suddenly there came trickling from my unhappy head, a mixture of saliva and some deadly poison, that at once roused me from the *dolce far niente*, into an active condition of emotion and horror. I immediately sent a sample to my cerebral neighbour (the brain), and he telegraphed back a message that he too was suffering, and I gradually grew worse. I was obliged at once to relinquish my agreeable occupation of supplying the body with what it required, and could do nothing but express my agonies of sufferings by spasms and distortions, which terminated in a result similar to that I once afterwards experienced by the lurching of a vessel at sea, *but which it is not necessary to describe*. Suffice it to say, I was ill the whole of the next day; and as I positively rejected every overture at reconciliation, I remained sulky and disgusted, till in due time the evil subsided, and I gained energy enough to enable me to ascertain the cause of this strange phenomenon. Then it was I learned that though my sufferings began, they did not end in *smoke*. Yes, reader, smoke; the smoke from a most deadly weed; a spirit of evil ushered in by fire, and exorcised by sickness! Nature made it nauseating—poisonous; but man, combating with the penalty she placed upon his use of it, puffs away through existence; and this first specimen I received was the puff preliminary. Repetition overcame my dislike to the taste; and at length, with the true philosophy of my race, I endured that which could not be cured; and though ultimately *cigars* and *pipes* subscribed their share with other evils in injuring the system and drying up the juices of the body, still I shared the ill with my adjacent brotherhood; and personally I received the injury and insult with the dignity of a stomach conscious of its own rectitude."

Thus it is, that by *habit*, substances which at first were nauseous, loathsome, offensive, and (as we shall see hereafter) capable at length of destroying life, so influence the system that it becomes all but impossible for the individual to subsist without them.

Look at the unfortunate victim of alcohol, attempting to reform his habits: he feels a miserable aching void; life is almost insupportable; nothing seems to afford him pleasure. At length in des-





pair he again takes to his glass; every nerve in his system responds to the stimulant; he feels himself a new man, and is persuaded that of all things 'alcohol' is the best for him. These same feelings influence the unfortunate victim of the *pipe*, *snuff-box*, and *quid*. Mark his dejected appearance when through poverty or desire he attempts to live without his tobacco; and observe, the delight which radiates his countenance when, either through the accession of means or force of habit, he again luxuriates in smoke: his false wants have mastered his real ones, and to enjoy existence he must continue them.

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## HISTORY OF TOBACCO.

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TOBACCO—*nicotiana tabacum*—belongs to the same order of plants as the Deadly Nightshade and the Thorn-apple, two of the most powerful and deadly of the acro-narcotic poisons. The oil of tobacco, likewise its infusion, is an exceedingly virulent poison. There are about thirty species of tobacco, two of which—the *nicotiana tabacum* and the *nicotiana rustica*, possess most of the acrid principle. Concerning the derivation of the word 'Tobacco,' writers are disagreed. According to some authorities, it came from the word *tobago*, the name of a pipe used in Virginia; others assert that it came from *Tobago*, one of the West India islands. The botanic name is derived from *M. Nicot*, the first man who introduced the plant into Spain.

Tobacco has been known to the Chinese, so it is supposed, from time immemorial; the forms of their pipes, and method of using it, indicating great antiquity; but it is generally agreed that it was unknown to Europeans prior to the discovery of America by Christopher Columbus.

MELLER says, "The plant was found in a state of perfection about the Mexican Gulf, and that it was held in great esteem by the natives, who attributed almost supernatural powers to it, and who shipped a specimen of it along with other natural curiosities of that place, with a long detail of its supposed astonishing powers in combating disease."

From Spain it was soon introduced all over Europe; in Paris it became quite the rage, where it was used principally in the form of snuff. It is said, *Catherine de Medicis* (the woman who made herself so notorious as the instigator of the Massacre of the Protestants on St. Bartholomew's day) was the first snuff taker; hence it received the name of *Herba Reginæ*, or the *Queen's Herb*. About this time it also came under the notice and patronage of Cardinal *Santa Croce*, who in returning from his embassy to the Spanish and Portuguese courts, carried the plant to his own country.

As in other countries, Tobacco was favourably received, so was it also in England, although it found many bitter opponents. It is generally supposed that Sir Walter Raleigh first introduced it in the year 1584; but it is more probable that Sir Walter was only its first *noble patron*, and that RALPH LANE, who voyaged with Sir Francis



Drake introduced it in 1560. According to LOBELIUS, it was cultivated in England in 1570, but the earliest report of its use is by Sir Walter Raleigh in 1584, and connected with it, there are two very amusing anecdotes. In Islington there is yet standing a public house, called the "Pied Bull," in which Sir Walter at that time resided. One day he was quietly enjoying his favourite pipe, when his servant entered the room with a tankard of ale; seeing the smoke issuing from his master's mouth, he threw the ale over him, and rushing down stairs in a great fright, said, *his master was on fire*, and would be entirely consumed before they could get to him. Queen Elizabeth, it is said, was very curious to know something about the famous weed, and was one day conversing with Sir Walter Raleigh upon the subject; when, "he assured her Majesty he had so well experienced the nature of it, that he could tell her even what weight the smoke would be, in any quantity proposed to be consumed. Her Majesty fixing her thoughts upon the most impracticable part of the experiment, and suspecting Raleigh was putting the "traveller" upon her, would needs lay him a wager he could not solve the doubt; so he procured a quantity as agreed upon, smoked it and weighed the *ashes*; her Majesty saw the joke, and said that "many labourers in *fire* had turned their *gold into smoke*, but Raleigh was the first who had turned *smoke into gold*." The use of Tobacco became so fashionable during the reign of Elizabeth, that ladies of rank occasionally indulged in a pipe.

But while many of the highest rank and learning relished and supported the use of tobacco, there were not wanting those who violently opposed it. In the earlier times of New England its use was prohibited on the Sabbath day. In the beginning of the eighteenth century the Sultan Amurath IV. made the use of tobacco a capital offence, on the ground of it causing infertility. Pope Urban VII. published a *bull* excommunicating all persons found guilty of *smoking* or *snuffing* during divine service. In the canton of Berne (Switzerland) in 1661, the public authorities placed the sin of smoking among the ten commandments, immediately opposite that against adultery; and Pope Innocent, in 1690, renewed the *bull* of Pope Urban. At one time smoking was forbidden in Russia, on penalty of having the nose cut off, but subsequently this was mitigated to the offender being conveyed through the most public streets with a *pipe bored through the nose*.

But the most inveterate enemy of tobacco, was our King James, and few but have heard of his famous "Counterblast," in which he says, "Tobacco is the lively image and pattern of hell, for it hath by allusion, in it all the parts and vices of the world, whereby hell may be gained; to wit, first, it is a *smoke*—so are all the vanities of this world; secondly, it delighteth them that take it—so do all the pleasures of the world delight the men of the world; thirdly, it maketh men *drunken*, and light in the head—so do all the vanities of the world—men are drunken therewith; fourthly, he that taketh tobacco cannot leave it, it doth bewitch him—even so the pleasures of the world make men loath to leave them; they are for the most part enchanted with them. And further, besides all this, it is like hell in the very substance of it, for it is a *stinking loathsome thing*,



and so is *hell*. And finally, were I to invite the *devil* to dinner, he should have three dishes : first, a *pig* ; second, a *poll* and *ling* of mustard ; and third, a *pipe of tobacco*, for digesture. Have you not reason to forbear this filthy novelty, so basely grounded, so foolishly received, and so grossly mistaken in the right use thereof? In your abuse thereof sinning against God, harming yourselves both in person and goods, and taking also thereby the marks and vanities upon you ; by the custom thereof, making yourselves to be wondered at, by all foreign nations, and by all strangers that come among you, to be scorned and contemned.” The “Counterblast” closes with the following remarkable passage : “*It is a custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and, in the black stinking fumes thereof, nearest resembling the horrible Stygian smoke of the pit that is bottomless.*”

“Great men, and green worms, will use their tobacco,  
But ne’er will a Pig or his wife, ah! alack! O!”

In 1604 King James took upon himself, without consent of Parliament, to raise the duty on Tobacco from twopence to six shillings and tenpence the pound ; and in the commission addressed by him to the Lord Treasurer he observes, that “Tobacco being a drug of late years found out, and brought from foreign parts in small quantities, was taken and used by the better sort, both then and now, only as physic to preserve health.” He then goes on to say, that “persons of mean condition consumed their wages and time in smoking tobacco, to their great injury and general corruption.”

In 1615 the colonists of Virginia turned their attention to the cultivation of the tobacco plant ; rejecting the manufacture of soap, glass, tar, and the planting of vineyards, which they had already commenced, as unprofitable. James felt that this proceeding of the colonists in their infancy must be tolerated, and without abating his animosity against the “*noxious, stinking weed*,” he held, in a proclamation, that it was “Of the two, more tolerable that it should be imported amongst many other varieties and superfluities which come from beyond seas, than to be permitted to be planted here within this realm, there to abuse and misemploy the soil of this fruitful kingdom.”

The cultivation of tobacco, therefore, was forbidden in England, and the plants already growing were ordered to be uprooted.

Joshua Sylvester, a poet, who lived in the time of King James, wrote a poem, bearing the following very curious title—“*Tobacco battered, and the pipes shattered (about their ears that idly idolize so base, and barbarous a weed, or at leastwise overlove so loathsome a vanitie,) by a volley of holy shot thundered from Mount Helicon.*”

Sylvester regarded the invention of *guns* and *tobacco-pipes* as being of *Satanic origin*, and foretold in the *Apocalypse*—as may be seen by the following lines :

“Two smoky engines, in this latter age,  
(Satan’s short circuit, the more sharp his rage,)  
Have been invented by too wanton wit,  
Or rather vented from th’infernal pit—  
Guns and tobacco-pipes, with fire and smoke,  
At least a third part of mankind to choke,  
(Which happily th’Apocalypse foretold ;)

Yet of the two we may, I think, be bold  
 In some respects to think the last the worst,  
 (However both in their effects accursed ;)  
 For guns shoot fromward, only at their foe,  
 Tobacco-pipes homewards, into their own,  
 When for the touch-hole firing the wrong end,  
 Into ourselves, the poison's force we send."

The consumption of tobacco has been on the increase ever since its introduction, until at the present time nearly *thirty million* pounds are consumed annually in the United Kingdom. Of the effects of the use of so large a quantity of a *poisonous weed* upon the animal economy, it is utterly impossible to form an estimate.

#### EXAMINATION OF THE ARGUMENTS IN FAVOUR OF USING TOBACCO.

Before enquiring into the nature and properties of tobacco, and explaining its injurious and often fatal effects ; it will only be fair, to consider the arguments brought forward by those who contend for its use. But these, unfortunately for the cause they support, are so few in number, and so deficient of reason, that no disinterested person, with ordinary common sense, can entertain them for a moment.

There are but two arguments advanced by the supporters of tobacco ; the first, is *individual experience* ; the second, that the *abuse not use* of tobacco is the cause of its injuriousness.

A certain class of men after having smoked all the matured part of their lives, say " Tobacco does them good, and that they will not give up their *pipes*, in spite of all that can be said against it."

But this assertion is not true ; cross-examine a tobacco smoker, even a moderate one, and in ninety-nine cases out of a hundred, he will confess to the experiencing of certain symptoms, that clearly prove a derangement of the nervous or digestive functions, more or less marked, according to the natural vigour of the constitution ; and these symptoms slightly noticed by the smoker, perhaps for years, he attributes to any other cause than the pipe ; for he feels that his *pipe* " does him good ;" and he is sure he benefits by smoking ; but, mark you, gentle reader, how is this ? *He has created a want* and it has become as necessary to him as his daily food, oftentimes more so ; and this in consequence of a *beautiful physiological law*. His system has adapted itself to the use of what to an undepraved appetite, is most loathsome and repulsive. But there is a punishment attached to this, as to all other abuses of our physical nature. He has become a slave ; yes, absolutely " *a slave*," to a vile habit. He cannot *sleep, without his pipe ; he cannot think, without his pipe ; he cannot digest his food, without his pipe ;* in fact, *without his pipe, he is a mere nonentity*, and all the pleasures (*real pleasures*) of the world, have no charm for him. In company, if he cannot have his pipe, he is as a *stray waif* ; dull and uninteresting ; and these remarks are as applicable to the man who smokes two pipes a day, as to him who smokes ten ; the difference is only in degree. Take a man who smokes but one pipe daily, and that after dinner, and he will tell you, that he is fit for nothing the remainder of the day, if he has omitted to smoke ; certainly he would sooner get over the loss of his one pipe, than the man who smokes



ten, because the want created is not so great ; but he is none the less a slave while it exists. “ But,” say some, “ my doctor says, I may smoke, and that it will not do me any harm ;” yes ; but with hardly an exception it will be found that your “ doctor” himself indulges in a *pipe* or *cigar*, and that therefore he could not warn you of its danger, without rendering himself liable to a charge of inconsistency ; nor can I believe any member of the profession could consistently order smoking, if he were acquainted (as he ought to be) with the laws which govern the animal economy.

“ But,” says the smoker, “ I do not swallow the smoke, and therefore the *fumes* cannot injure me ; I only draw it into the mouth and puff it out again.” A sensible employment, truly ! Allow me to recommend blowing soap-bubbles, as being far more interesting, healthful, and beautiful ; to say that “ therefore the fumes cannot injure me,” is altogether a wrong conclusion. It is a well-known fact, that the skin is a most powerful absorbent ; hence the fearful salivations produced in former ages, by fumigating the body with Mercury, for the cure of a certain disease ; hence also the dreadful nervous disease *Erethismus Mercurialis*, peculiar to those who work in looking-glass factories, watch gilders, etc. . If, then, the *fumes* of a poison affect the system in so pernicious a manner, by merely coming in contact with the skin, how much more powerful must be its effects, when brought in contact with a mucous membrane, whose power of absorption is infinitely greater than that of the skin ?

The answer, therefore, to the smoker’s first argument, viz., “ that he experiences benefit from the use of Tobacco,” is, that having produced an alteration of the nerves of sensation, by the adoption of unnatural means, and by so doing created *an unnatural want*, he gives in himself incontrovertible proof of its injurious effects.

The second argument of the smoker, viz., “ that it is the *abuse* of Tobacco that constitutes its evil,” we must acknowledge has no stronger premises to rest upon than the former. He says, the immoderate use of anything is injurious, even food ; but that a proper supply of food is beneficial ; and argues, that Tobacco in moderation is also beneficial. Let us see. When God created man, he gave him a reasoning power, which enabled him to choose from among the productions of the earth, those that were best suited to his corporeal wants. The products calculated to sustain his life were found to be devoid of anything poisonous, and the only injury that could result from their use, would be from excess ; these, as they have been discovered, have been set apart for the purpose of sustaining healthy life, inasmuch as they contain the elements, calculated to repair the continual waste of the body. Now, man has never chosen a *poisonous* substance to eat, and why ? Because his feelings at once tell him, that it will not assimilate with the elements of which he is composed ; and experience proves to him, that it will destroy life ; he therefore knows that there can be no such thing as *moderate use* of a poison ; that in fact the use of the smallest particle as a food, is *immoderate*, and therefore *abusive* to his existence. Ask a man who smokes six pipes a day, what is a *moderate use* of Tobacco, and he will tell you, “ four pipes or



six is a very moderate allowance ;” ask him who smokes two pipes daily, what is an *abuse* of Tobacco, and he will tell you “ to smoke four or six pipes a day is a great abuse.” Look at that boy attempting to master the effects of a twopenny Havannah, he has just got through one-third of his cigar ; observe his tottering steps, his pale face, bedewed with a cold sweat, his whole frame giving evidence of a most powerful disturbance, and say if you can doubt its injuriousness in his case. And what is it but the continuous repetition that enables men to look upon their former abuse as very moderate use.

The opium eater will say, that a *moderate use* of opium is beneficial, but who but an opium eater will believe him, when its injurious effects are so plainly discernable ?

The great smoker will say, he is only using tobacco *moderately* when he smokes from six to ten or twelve pipes daily ; who but a great smoker will believe him ? And what man in his right senses can look upon the use of Tobacco in any way as *moderate*, when he sees that the very smallest particle produces most injurious effects ? There cannot, therefore, be any *use* of Tobacco, but what is an *abuse*.

#### NATURE, PROPERTIES, AND EFFECTS OF TOBACCO.

It was remarked at the beginning of this pamphlet, that “ Tobacco belongs to the same order of plants as the *Deadly Nightshade* and the *Thorn-apple*, two of the most powerful and deadly of the acro-narcotic poisons.” The essential oil of tobacco is one of the most virulent poisons known. Graham says, speaking of the properties of narcotics—“ The grand characteristic of all narcotic substances, is their anti-vital or life-destroying property. When they are not so highly concentrated or energetic as to destroy life instantly, they produce the most powerful and often the most violent and distressing vital reaction, which causes a corresponding degree of exhaustion, depression, and prostration ; and they often destroy life, purely by vital exhaustion in this violent and continued vital reaction. But when the discriminating sensibilities of the system have been depraved by the habitual use of these substances, and its powers of giving a sympathetic alarm greatly impaired, these same substances, even the most deadly in nature if the quantity be only commensurate with the degree of physiological depravity, may be habitually introduced into the stomach, and even received into the general circulation and diffused over the whole system, and slowly but surely destroy the constitution, and always greatly increase the liability to disease, and almost certainly create it, and invariably aggravate it, without any of those symptoms which are ordinarily considered as the evidences of the action of a poison on the living body ; but on the contrary, their simulation is attended with that pleasurable feeling and agreeable mental consciousness, which lead the mind to the strongest confidence in their salutary nature and effect.”

The active principle of Tobacco is named *Nicotin*, and one drop in its concentrated form will kill a dog. Birds have been known to die on approaching a glass containing it.



Dr. Mussey made, among others, the following experiments:—Two drops of the essential oil of tobacco placed upon the tongue, were sufficient to destroy life in cats which had been brought up, as it were, in the midst of tobacco smoke, in three or four minutes. Three drops rubbed on the tongue of a full-grown cat, killed it in three minutes. One drop killed a half-grown cat in five minutes. Two drops on the tongue of a red squirrel destroyed it in one minute. A small puncture made in the tip of the nose with a surgeon's needle bedewed with the oil, destroyed a squirrel in six minutes. A tea of tobacco taken for the purpose of relieving spasm, has been known to destroy life.

Soldiers have not unfrequently disabled themselves from duty by applying a moistened tobacco-leaf to the arm-pit, which causes great prostration and vomiting, and violent sickness after eating.

“A little boy, aged eight years, had been long afflicted with *tinea capitis* (scald head), which had proved very obstinate. His father applied over his head the expressed juice of tobacco at five minutes before two in the afternoon; the child almost immediately complained of giddiness and loss of sight, so that his father smilingly observed, ‘the boy is drunk;’ he soon after became sick, vomited frequently and in large quantities; he had also a desire to evacuate the bowels, which he could not accomplish; his limbs tottered, his face grew pale; his mother helped him to bed, into which he had no sooner entered than he had an involuntary discharge from the bowels; his countenance now appeared sunk; his limbs were motionless, excepting now and then, when his legs were drawn towards the abdomen convulsively; he complained of violent thirst, and pain in the bowels; his whole body was bedewed with a cold sweat, and at half-past five he expired, only three hours and a half after its application.”

GRUELIN, a German medical author, gives a report of two cases of death from smoking; one person having accomplished *seventeen* pipes at one sitting—the other *nineteen*.

Another German author states, “that one-half the deaths occurring in that country between the ages of eighteen and twenty-five, are attributable to smoking and chewing.”

The following is from Dr. Pidduck, extracted from the *Lancet* of February 14:—“As physician to a dispensary in St. Giles’, during sixteen years, I had extensive opportunities of observing the effects of tobacco upon the health of a very large number of habitual smokers. The extraordinary fact is this: that *leeches were killed instantly by the blood of the smokers—so suddenly that they dropped off dead immediately they were applied*; and that fleas and bugs, whose bites on the children were as thick as measles, rarely if ever attacked the smoking parent. \* \* \* \* \* What is so fatal to insect life, cannot be otherwise than most formidable to the life of persons whose blood is thus poisoned. If the evil ended with the individual who, by the indulgence of a pernicious custom, injures his own health, and impairs his faculties of mind and body, he might be left to his enjoyments—his ‘*fool’s Paradise*,’—unmolested. This, however, is not the case; in no instance is the ‘sin of the father’ more strikingly ‘visited upon his children,’ than the sin of



tobacco-smoking. The enervation, the hypochondriacis, the hysteria, the dwarfish deformities, the consumption, the suffering lives and early deaths of the children of inveterate smokers, bear ample testimony to the feebleness and unsoundness of constitutions transmitted by this pernicious habit."

Tobacco operates much more powerfully upon people of *nervous* temperament than upon *phlegmatic*. I have had several patients under my own care, young men of the *nervo-sanguine* temperament, affected with pulmonary and liver diseases, brought on entirely through smoking; and the principal help to the cure was an entire abstinence from *tobacco*; indeed I did not hesitate plainly to tell them it was impossible they could get better so long as the cause was continued. One of them, I feel sorry to say, returned to his pipe and had a *return* in consequence, of his old symptoms.

The habitual use of tobacco, either in the shape of smoking, snuffing, or chewing, may produce any of the following symptoms. *Vertigo, dimness of sight, nervous headaches, nervous debility, uneasy sinking feeling at the stomach, sallowness of the skin, and derangement of the liver, phthisis, bronchial affections, loss of appetite, hoarseness of the voice, a tremulous condition of the voluntary muscles, disturbed sleep, nightmare, a sense of suffocation on suddenly awaking; fits of an epileptic character, confusion of the mind, instability of purpose; irritability of temper, depression of spirits, mental derangement, and lastly, that dreadful condition of the mind, hypochondriacism, so startlingly described by Charles Lamb.*—

*   *   *   *   *	All dire illusions,
"Fierce Anthropophagi,	Causing confusions;
Spectra Diabola,	Figments heretical,
What scared St. Anthony;	Scruples fantastical,
Hobgoblins, Lemures,	Doubts diabolical.
Dreams of antipodes,	Abaddon vexeth me,
Night-riding incubi,	Mahu perplexes me,
Troubling the phantasy.	Lucifer teareth me.

Jesu! Maria! liberate nos ab his diris tentationibus inimici."

*Tobacco may injure the Sense of Taste.*—That it does so is a well known fact, more especially in those who *chew*. Plain and wholesome food is insipid to those who use tobacco; high-seasoned meats and strong drinks only are appreciated. But the evil is, that tobacco by blunting the keen sensibilities of the parts concerned, creates an ungovernable desire for drink. The majority of tobacco smokers are great drinkers; and when we see a man reform and become a teetotaler, he is almost always sure to increase his allowance of tobacco, in order if possible to overcome the craving for alcoholic stimulus.

*Tobacco may Cause Consumption.*—This cannot be doubted. *Ulceration* and *inflammation* of the back part of the throat are common with smokers, and I do not know that I have ever perceived the peculiar appearance of the *tobacco* smoker's *throat* in any but smokers. I have had several cases in which tobacco has been the prominent cause of developing consumption, and which I proved, for by discontinuing the evil habit the symptoms have disappeared.

*Tobacco may Cause Palpitation of the Heart.*—This effect may



be produced directly by its action upon the nervous system, or indirectly by its action upon the digestive organs. I have had several patients who had been previously treated for *heart disease* ineffectually, and have succeeded in curing them by simply restoring the natural tone of the stomach and prohibiting smoking.

*Tobacco is one of the principal Causes of Dyspepsia (Indigestion).*—This is evident when we reflect upon its peculiar action upon the stomach. An American captain once called upon Dr. Abernethy, to ask his advice respecting some severe symptoms of indigestion he laboured under; during the consultation the captain, who like most Yankees was fond of a *quid*, spat once or twice upon the carpet. The doctor having received his fee, to the astonishment of his patient merely observed—“*Keep your saliva to moisten your food with, and not squirt it upon my carpet, and you will soon get well.*” Of this there are many well attested cases. Dr. Chapman, of Philadelphia, observes, that “he has met with several cases of mental disorder, similar to *delirium tremens*, but more permanent, resulting from the use of tobacco.

*Tobacco Destroys the Teeth*—in two ways; first, by direct contact of the poison acting on their vitality, and secondly, indirectly, by its pernicious effects upon the system generally.

*Tobacco is the Cause of many Nervous Disorders*—among the rest *hysteria* is of very common occurrence.

*Tobacco predisposes to Emaciation*, causing a great loss of substance, dirty appearance of the skin, and in fact all the appearances of persons who have suffered for years from the severest form of *dyspepsia*.

*Tobacco will produce Impotence.*—Dawson, a physician of eminence in sexual disorders, says—“Some years ago I was led to imagine that the abuse of this [article] exerted a very injurious influence upon the generative system. A gentleman informed me that he came up to London when at the age of twenty-two. Up to this period he had always enjoyed excellent health, and his sexual desires were remarkably strong. He had two healthy children before his twenty-sixth year, and had been engaged in the tobacco trade and the manufacture of cigars for more than fifteen years, during the greater part of which period he habituated himself not only to smoking, but also to chewing tobacco. When he consulted me, although in all other respects quite healthy, he was *entirely impotent.*”

I have met with a number of cases of a somewhat similar description, and have found them troublesome and tedious to cure. The difficulty arises principally from the all but impossibility of inducing such patients to abandon the habit which is the substantial cause of their disorder, notwithstanding every endeavour to impress upon them the extent of mischief which follows the long-continued and habitual use of tobacco.

I will now conclude this pamphlet with a few extracts from a lecture delivered by Charles Clay, M.D., of Manchester.

“*These habits are useless.*—To the consumer no benefit results, but much disease, sorrow, and pain. It is perfectly contradictory to the manners of a gentleman—renders every person pitifully ludicrous, and entails upon him bad habits.



*It is an expensive habit.*—A very common smoker will expend two or three pounds per annum. An average of three or four cigars a day, amounts to ten or twelve pounds per annum. And all this goes for smoke and spittle.

*It is a growing habit.*—I have said enough to convince any man that the habit once begun, there is no limit to its extent but with the termination of life.

*It is an offensive habit.*—It is offensive to the eye and nose: ladies cordially hate it, and every good housekeeper dislikes to have her rooms impregnated with the smell of tobacco smoke. The indelicate accompaniments of smoking and chewing are an annoyance to every house. If smokers and chewers only knew the extent of their offensiveness to others, they would soon give up the practice. How many youths can I recollect in my time, that thought themselves men when they could master a cigar, and drink a glass of brandy!"

And now we would simply ask, how many thousands of otherwise promising young men have perished body and soul through the prosecution of a foolish habit contracted from the force of a ridiculous fashion? Could our prisons, penal settlements, living sufferers, and grave-yards expose their victims, humanity would stand aghast at the terrible disclosure, and with one instinctive shudder, cry—*Away with Tobacco!*

NOTE.—The controversy upon the question of Tobacco is now occupying an enlarged share of public attention, and many of our best writers are "sharpening their wits," and doing their best to defend each his particular views. We consider it a question of great importance, particularly to the poor, who depend entirely upon their daily labour for their "daily bread;" and seeing that they are the great sufferers in the fashionable folly of smoking, we have published our pamphlet in a cheap form in order that every one may have an opportunity to judge for himself. Our writers for the popular press, we trust, will not overlook the real merits of the question in their endeavours to arrive at "truth," for there is nothing easier than to deceive one's self and others where the criterion of judgment is *taste*.

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